

While We're *Together*

Starting important family conversations over the holidays

The holidays bring families together, sometimes for the only time all year. Between travel, meals, and traditions, they offer a rare chance to begin important and complex family conversations.

You don't need to settle anything. A thoughtful beginning that sets the tone is enough.

Start with two questions

What decision needs to be made?

Clarify the core decision to be made. This basic step is often missed, leading to confusion. What decision is holding you up? What choice does everything else hinge on?

How will we decide?

Clarity about the decision-making process can prevent conflicts about the outcome. Not everyone needs to make the decision, but everyone deserves to know their role.

Informed → Consulted → Collaborating → Deciding

More involved in decision-making

Tips for holiday conversations

- Wait until after dinner. Choose a quieter moment.
- Focus on one topic at a time. The goal is to open the door, not to settle everything.
- Keep it short. Plan to continue after the holidays.
- Include those who aren't there: by phone, video, or a promise to follow up.
- Go gently. Holidays can stir up stress, grief, and memories of those who are gone.

Next steps

Take the free Family Decision Making Snapshot. Get insight into how you can support your family's decision-making.

Explore our free guides for shared places, estate planning, family funds, and more.

Generations Aligned helps families make decisions together, with honesty, care, clarity, and respect. Visit us at www.generationsaligned.com or contact us directly at:

- Polina Rabinovich-Crotty · polina@generationsaligned.com
- Matthew Rezac · matt@generationsaligned.com

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